DIABETESfactSHEET

iving well with Diabetes: Active Living

you are physically active, you are less likely to develop type 2 diabetes. Physical activity also helps atrol blood sugar levels in people who have diabetes. Being active also helps you:

- deal with life problems (stress) and feel more energetic
- keep your weight down
- lower your chances for heart disease (heart disease is a serious problem for people with diabetes, especially if they smoke)
- tone or build up your muscles

ng more active does not mean that you have to join a gym or work out with weights. You can get ular exercise by going for a walk each day, gardening, picking berries, snowshoeing, swimming or ying with your kids. It is important for you to stay active all year long.

ke sure you don't try to do too much all at once. Do activities that you enjoy. Ask your family I friends to support you. Parents should encourage their children to be active.

Ild up your activity slowly — don't forget to listen to your body. You should try to work up to but 30 to 60 minutes of physical activity almost every day. Every minute counts — try doing 10 nutes at a time. If you want more information, take a look at Canada's Physical Activity Guide to althy Active Living at www.healthcanada.ca/paguide.

never too late to get active. Even if you're disabled or injured, activity can help you be more lthy and to feel better.

nember, you should always talk to your health care provider before you start an activity gram or if you need more information.

What is diabetes?

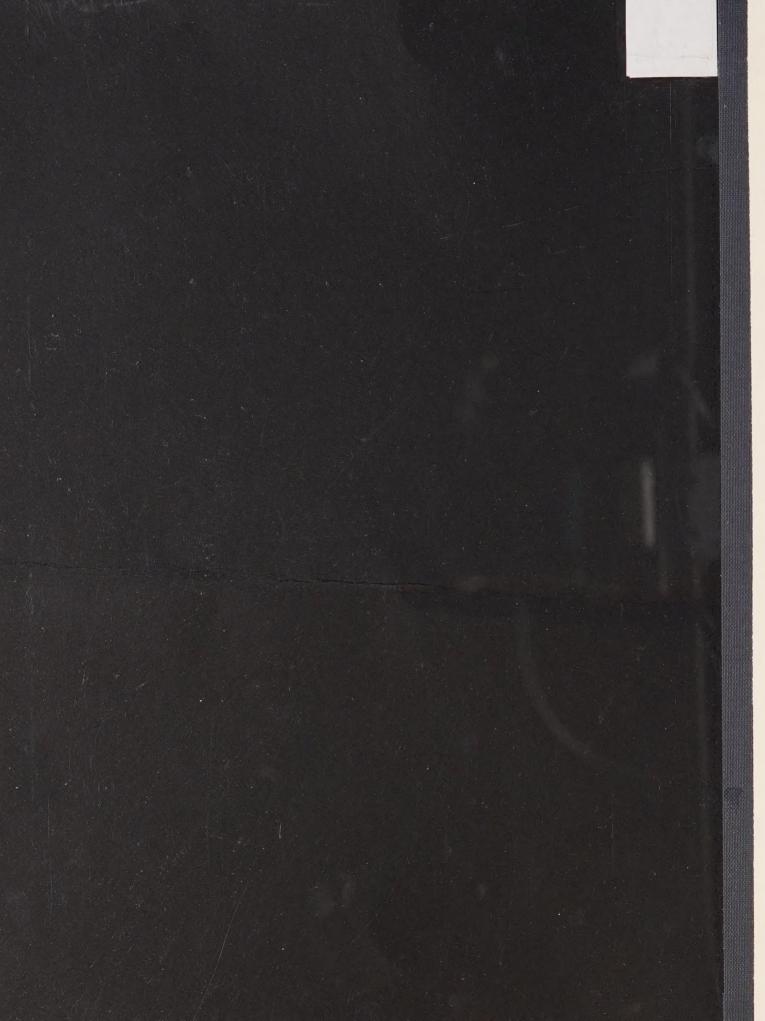
Diabetes is a lifelong condition where your body does not produce enough insulin, or your body cannot use the insulin it produces. Your body needs insulin to change the sugar from food into energy.

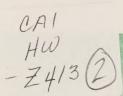
Aboriginal Diabetes Initiative

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th Santé ada Canada For more information please visit www.healthcanada.ca/diabetes

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DIABETESfactSHEET

Living well with Diabetes: Active Living

If you are physically active, you are less likely to develop type 2 diabetes. Physical activity also helps control blood sugar levels in people who have diabetes. Being active also helps you:

- deal with life problems (stress) and feel more energetic
- keep your weight down
- lower your chances for heart disease (heart disease is a serious problem for people with diabetes, especially if they smoke)
- ◆ tone or build up your muscles

Being more active does not mean that you have to join a gym or work out with weights. You can get regular exercise by going for a walk each day, gardening, picking berries, snowshoeing, swimming or playing with your kids. It is important for you to stay active all year long.

Make sure you don't try to do too much all at once. Do activities that you enjoy. Ask your family and friends to support you. Parents should encourage their children to be active.

Build up your activity slowly — don't forget to listen to your body. You should try to work up to about 30 to 60 minutes of physical activity almost every day. Every minute counts — try doing 10 minutes at a time. If you want more information, take a look at Canada's Physical Activity Guide to Healthy Active Living at www.healthcanada.ca/paguide.

It's never too late to get active. Even if you're disabled or injured, activity can help you be more healthy and to feel better.

Remember, you should always talk to your health care provider before you start an activity program or if you need more information.

What is diabetes?

Diabetes is a lifelong condition where your body does not produce enough insulin, or your body cannot use the insulin it produces. Your body needs insulin to change the sugar from food into energy.

Aboriginal Diabetes Initiative

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በናነውነባንበነባር*ነጌት ነው ፌኖሌር የሚያ*ነውን

ᠬ᠋ᠮᡃᢅ᠍ᡰ᠙᠂ᡏ᠐ᠵ᠋ᢛᢑ᠑ᡨ᠈᠂ᡰ᠘ᡓᡌᢗᠵᠷᠢ, ᠕ᢗᡩᡉ᠋ᢂᢣᡥᠵᠬᠻ᠃ᠬᠮᡃᠳ᠙ᢤᡳᢅᢛᡅ᠑ᠴᡏᢓᢛᡱᡥᡗᡮᡣᡣᠮ᠉᠂᠙ᡀᢡᡳᠮ. ᠬᠮᡟᡀ᠙᠂ᡏ᠐ᠸᡌᢗᠧᠮᡥ᠂ᡏ᠐ᡩᠯᠻᢛᠽ᠌ᢟᡥ᠂ᡏ᠐ᡄᢉᡴᡅᢣᡏᡗᠴᠣ᠂ᡏ᠐ᠮ᠘ᡌ᠙᠂᠘ᢗᡃᠲᡥ᠒ᡣᡥᡀᢛ᠘ᡱᠣ᠂ᡣᠮᡟᡀ ᠨᡲᢛᢧᢃᡏᢓᢛᡱᡥᡗᡷᡟ᠒ᠮᡑ᠑ᢖ. ᡣᠮ᠘᠙᠂ᡏ᠐ᡓᡥ᠑ᢖᡅ᠂ᡏ᠐ᠮᢗᠫᠴᠣ᠂ᡏ᠐ᠮᢐᠯᢐᡳᢟᠰ᠘ᡊᡱ:

- lack Λ \subset Λ \hookrightarrow Λ \longrightarrow Λ
- ◆ DP°G561D>dNCJ
- ΛĊʹͽϘϒʹʹʹϒϭʹͰϒϽ϶ብና ʹϦ·ͰϹϻͿና ʹϤʹϭϤϹϷ (Ϧ·ͰϹϻͿና ʹϤʹϭϤ ϤʹϹαΡϹϷʹϲͺϭʹϒʹϷ Δϫʹϗ ΠΓͰͿͼ
 ϳʹͼϐϽ϶ϤϒʹͼʹʹϒϒͰϹϲϫϲ, Λ϶ϤʹϴϽϹϷ ϲʹϒϽϲʹϫ)
- ◆ Δρείτασς διλρείας Δρείτος

៸ሀሬቴៃʹϹσቴኒρσቴ በΓͿʹ ⟨Νϲሬቴ)σቴ Δἰቴ ጋዮቴቴኒሎቴኒዮር)∪ͻ⟨ቴ Δϲνλαζιδεσσቴ ΛευͿϭʹϐλͻϭቴζερϭ δʹʹͼ϶ʹͼ Δͼϧδλαζιδεσίς ⟨Ορων Αρυνον Αρυν

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'ቴንትLቦ', ኦነቴቴስቴና/ፈቱ'ጋ•\ኦኒልና ፭ ታላ/ኦቱስ/'ታ፣ ለቦፈረኦ ትቦታቱ በГЈና ጳኦሬ ፈቱ'ጋታ፣ ጳጋናናኒት የራይት ትና ጋየ/ቦላቴ ታሊፈቴንልና

ለፈኮኖ በ୮৬ኖ ለ'ፌዮጋ-ላየንፌዮዮዮጵን? በ୮৬ኖ ለ^{*}ሬጭጋ-ላየንፌዮሎን Δፅለ-ረ[‡]ጭ *CΔLΔ/*ትህንጭ በ፫ና በ୮ አልተሬ Δ*C-Ժ*ህፊና ፌኒርጋ፫® በ୮୮ ለ^{*}ሬጭጋ፫® ፌህበሊቲ<mark>፫®,</mark> ውኖሬ»ጐና በ፫ና ላጋንጌል Δ~ናና በ୮୮ ለ^{*}ሬጭጋ፫® ፌህበሊቲር® አልኖናር፫ቃፄ. በ፫ና ለአሊላቴኒር በ୮୮ ለ^{*}ሬጭጋ፫® ፌህበሊቲር® ላለንጭበፈለጭበሩ ህ ለቴፒ® ማዋ፫® ውሂቲብມና.



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